APD-RELATED SUPPORT AND ADVICE FOR ALL AGES © Alyson Mountjoy

I manage 4 UK and international Facebook groups which provide support and advice for parents/families, adults with APD/suspected APD, teenagers and young adults with APD, and a variety of other co-morbid conditions. If that's you, you are welcome to join, as are any interested and supportive professionals where appropriate (please see the group details below; some are restricted by age, location or other factors). These are all closed groups to maintain the privacy of members. The focus is on living with APD and I do not allow selling of any sort, or promotion of any therapies/medications/supplements that claim to cure APD. If you want to join, please be prepared to respect those rules, the privacy of the group and the opinions of other members and admin, or your membership will be terminated. Everyone has their own journey. Please use the links below to apply to join the groups.

UK GROUP FOR PARENTS

The APD Support UK Facebook group is primarily for parents in the UK seeking APD diagnosis and support for their children, both at home and at school. Adults with APD and supportive professionals are also welcome, but the focus is on issues relating to families supporting children with APD and co-morbid disabilities. https://www.facebook.com/groups/APDSUPPORTUK/

UK GROUP FOR ADULTS WITH APD

The APD Support for UK Adults group is restricted to UK adults with APD and suspected APD. The focus is on issues relating to adult APD diagnosis plus information and support on all aspects of living with APD and co-morbid disabilities as an adult in the UK. https://www.facebook.com/groups/APDSupportforUKAdults/

INTERNATIONAL GROUP FOR ADULTS WITH APD

The Adults with APD group is an international Facebook group providing support specifically for adults with APD and suspected APD, on diagnosis and all aspects of living and working with APD. Parents and supportive professionals are also welcome, but the focus is on issues relating to adults with APD and co-morbid disabilities. https://www.facebook.com/groups/APDadults/

UK GROUP FOR TEENAGERS AND YOUNG ADULTS

UK Teens/Young Adults with APD is a closely monitored group, a safe place for teenagers aged 13 plus and young adults. Mainly for UK residents, international members and parents seeking support for their teenage children are also welcome, but the focus is on issues relating to supporting teenagers/young adults with APD and co-morbid disabilities. https://www.facebook.com/groups/UKTeensYoungAdultswithAPD/
In addition to my ADPD support groups, the **PARENTS AND PROFESSIONALS DISABILITY COMMUNITY UK** is a Facebook group for parents who have children with additional needs/disabilities, not just APD, and who also run their own business; also for business owners who have disabilities themselves or suffer from chronic illness, and professional adults with disabilities/chronic illness who are not necessarily parents.

It can be found here: [https://www.facebook.com/groups/PAPDCUK/](https://www.facebook.com/groups/PAPDCUK/)